

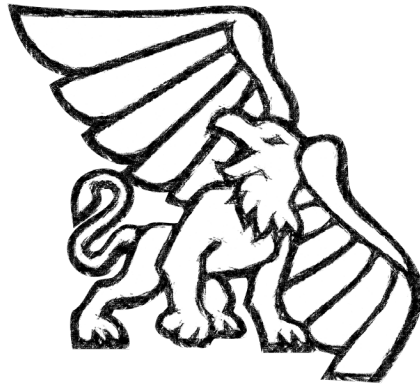
SUNDANCE M. WICKS

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#GriffUp – Notes From One Year On The Job - #DancesDimes

1. Find players you can lose with first...Enjoying the struggle will help you celebrate the successes when they come
2. I am not for everybody...and that’s OK!!!
3. Every day I have found a new normal...fight to find your daily flow and then let go to the flow...
4. To be “ELITE” you must be “COMPLETE.” To be COMPLETE you must be ultra-competitive in the Classroom, on the Court, in the Weight Room and in the Community.
5. If you want a “competitive culture,” you have to recruit competitive players and then reinforce competitiveness by competing consistently in practice, the weight room, the classroom and the community.
6. Don’t OVERTHINK recruiting...OKG’s – Like it (Energy-effort-enthusiasm) – Love it (Skill/Weapon) – Gotta have it (Will/Toughness) → Juice + Skill + Will = OKG (our kinda griff) → Cold Stone Creamery Recruiting Philosophy
7. Don’t PANIC...play the long game...Micro-speed + Macro-Patience
8. Celebrate the singles → Daily singles vs. Weekly/Monthly homeruns
9. BE WHO YOU ARE!!! Be authentic in your approach...
10. If failure is not an option...neither is success...
11. You are only as good as your Leadership...your leadership is only as good as your relationships...INVEST IN HUMAN CAPITOL...
12. Be a bridge builder not a bridge burner...If you want to be a bridge for success you must expect to get walked on...Servant Leadership
13. Heels in the ground...pick your battles big enough to fight and small enough to win...
14. One. Small. Decision. At. A. Time.
15. #BeMore (Be Patient, Kind & Courteous – Give, Love & Serve More) → Be More Than A Coach or Player
16. Burn Your Goals...Change Your Best Daily...
17. ENERGY – EFFORT – ENTHUSIASM ... your entry fee to the day...NO DOWN DAYS!
18. Leaders Leads → Be a separator...NOW HAS TO MATTER TO YOU!!!
19. You are a better coach when you have better players
20. You must FIGHT every day for the CULTURE you wish to have
21. Be GREAT at what you are good at...do not try and be good at what you are bad at...



Act and Speak with Intention:

- Buy-in vs. Believe-in
- Willing vs. Eager
- Have to vs. Want to
- Perpetually Pessimistic vs. Relentlessly Optimistic
- Quit vs. Fail
- Happening to you vs. Happening for you
- Victim vs. Victor

The Type of People I Look to Hire:

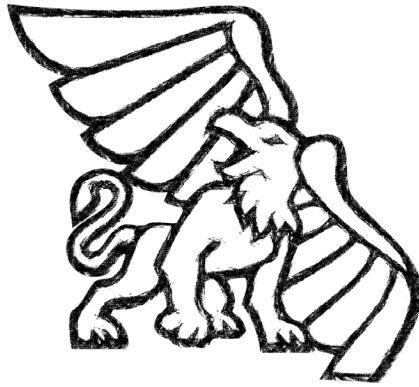
Energy Givers – From top to bottom on our staff, we will first and foremost be energy givers. In this life, you are either a fountain or a drain and it is YOUR CHOICE. You have bad days by choosing to be a victim of your circumstances and you have good days by directing your energy with the intention of making an impact. As a human being you are allowed to have bad days, but as an energy giver, you are not allowed to have down days.

Difference Makers – You can say it or you can live it. Our staff members will approach every day with the mindset of someone who is fighting to make a difference in their family's lives, their player's lives, the community they live in and the world around them. Making a difference does not mean we are out solving the world's problems, but it does mean that we are positively impacting the lives of those we interact with and the community we live in on a daily basis. Our staff motto is "Make a Difference Today."

Artist of Their Craft – The world needs more teachers/coaches who believe that what they do is art. The coaches and mentors we hire will be able to see the needs of our program and fill those needs in their own unique and creative way, because they are master teachers and life-long learners. Our coaches will be forward thinking individuals who are not afraid to say the unpopular or challenge the status quo. If we are truly going to make a difference, we are going to have to take calculated risks that go against the norm.

Men of Intention – A common phrase we will use in our program with our coaches is "*act with intention.*" Acting with intention means you are detailed and organized while being able to clearly execute and/or communicate the desired task, assignment or responsibility. Bottom line, men with intention GET THINGS DONE!

Disposition of Consistency – Our staff will be comprised of consistent human beings. They will consistently exemplify the traits of honesty, loyalty, and transparency. They will continue to refine these character traits in addition to making a difference, bringing unbridled energy and enthusiasm, honing their creative side of teaching and acting with relentless intent.



Actions that Create the Art of Advantage:

1. **John Calipari (Kentucky)** – Dribble Drive & Downhill Concepts
2. **Ben McCollum (NWMSU)** – Brush Screen Concepts
3. **Don Meyer (NSU)** – **Paul Sather (North Dakota)** - **Tony Bennett (Virginia)** – **Terry Stotz (Portland)** – Motion Concepts and Principles

- **Downhill** → Hips and shoulders to the rim or down the lane line
 - Slice = Face Cut
 - Pitch = Butt Cut
 - Snap = Option Cut @ TOK

Drill: 2 v 0 Downhill Decisions (2 v 2)

- **Brush Ball-screens** → Ghost, Speed and Flat brush ball-screen are actions that create defender confusion
 - Ghost = Shadow the defender with no contact
 - Speed = mini-sprint to space with change of speed and deception (call)
 - Flat = set your screen and bail

Drill: 3 v 0 Brush Baskets – work speed & flat brushes (3 v 3)

- **Base Ball-screens** → The most commonly used ball-screens for our post players
 - Drag = Transition ball-screen most used by our 5's
 - Side = side ball-screen on outside 1/3 of the floor
 - Step = Step-up ball-screen in the slot or baseline lift
 - Flat = usually middle 1/3 of floor but will be used with Brush concepts in slot or outside 1/3
 - Twist = show side, step or flat and twist hips at last second (signal with horns hand R/L)
- **Motion** → Our base offensive package – our system default

How Do You Want To Score?

- **Hot Early & Hot Late** (20secs-10secs middle clock shots = out of rhythm or selfish)
 - Antennas up for rebounding (anticipation early and late)
 - Purpose during the middle of the possession – force defensive rotation via screening/closeouts
 - Do you trust your motion under 10 seconds

Initial Early Advantage Set: “Slice 2/3”

1. **Slice** → Can run with a trailing 4 man or 5 man (disguise with 5 by setting drag's or 4's by Snap Action)
 - Option A: Downhill & make play in the paint
 - Option B: Rub screen slip with 2/3 & 4 (hit 4 in open post)
 - Option C: Brush screen action with 1 & 2/3 (downhill by 1 or hit brush by 2/3)
 - Option D: Side-Step-Flat BS for 2/3 after Brush screen was executed (with 5 man)
 - Option E: Ghost-Speed-Flat BS for 2/3 after Brush Screen was executed (with 4 man)

Kick-Back Continuation = 4 to 1 BS Choice



Shooting Progression & Scoring With Your Feet:

Three Types of Basketball Workouts (Phil Beckner)

1. Skill
 - a. Pass-Handle-Shoot-Finish (nowadays usually just work on the handle and finish part)
2. SHOOTING
 - a. The lost art of shooting – we all want better shooters – no one takes the time to teach/train it
3. Developmental
 - a. Situational training and training that translates to on court scenario/scheme recognition

Use one ball to slow the workouts down and improve your teaching

Don Meyer's Four Keys to Shooting

1. **Keep It Straight** – *“straight shooter is a great shooter”* – 11 inches past front of the rim = back half
 - a. NOAH's number one analytic to great shooting is consistency in left/right misses
2. **Get It Up** – *“top of the shot – top of the board”* (Arc of 45 degrees)
 - a. NOAH's number two analytic to great shooting is ARC consistency
3. **Hold a High One Second Follow Through** – *“elbow above eyebrow”*
 - a. phone booth shooting
4. **Land closer to ensure body balance** – advanced shooters can fade away and sway
 - a. *“consistent body = consistent shot”*

Drill:

- Wrist extensions – great shooters have deep pockets and flexible wrists – 2x forward/backwards
- Wrist snaps (with and without a ball) – 15 with & 15 without a basketball
- Groove your stroke – 3 x 3 swishes (3-5 feet) – 3 x 3 swishes (6-9 feet)
 - Good shooters make shots...great shooters swish shots
- Extend your range – one hand killers (swish = extend range) – 3 misses must swish 4th or done
 - We don't do this every day – couple times a week

Shot Prep Critical Cues:

- *“Hips Down – Hands Ready”* → Knees, Hips, Shoulders should be aligned
- *“10 fingers to the sky”* → Kevin Eastman on Hands Ready
- *“Catch with a strong body”* → Firm but relaxed – gross motor vs. fine motor skills
- *“Consistent Body = Consistent Shot”* → eliminate negative motion of the body